

HERITAGE HERALD

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Thanks a Bunch, Mr. Sides!

It's hard to lose co-workers, family, and friends when you've known them for so long and grown close to them. Mr. Sides was a paraprofessional who worked well with students and teachers alike. His positivity, good nature, humor, and knowledge in many class subjects made him a great asset to the building. He was always helpful to the kids and teachers alike. Dan T. said, "Mr. Sides helped me a lot. He was nice and helpful, and he took time to talk to me. I will miss him, and I wish him good luck at FHC." Maddie C stated, "Mr. Sides was a really nice teacher who was always there when you needed him.....I wish him the best." Another student said, "Mr. Sides made an impact on my life I will never forget." Mr. Sides left Heritage in late January to complete his student teaching, so he could become a teacher and bring light into the lives of so many others. We all know you will be a great teacher, so best of luck and thanks for everything, Mr. Sides!

Sanctuary Corner

Our students have continued our journey in Sanctuary this month. To go along with our daily Community Meetings, we have added Safety Plans. Safety Plans are coping skills the students can use in any situation. The Sanctuary Institute defines these as "A list of activities a person can choose when feeling overwhelmed so that he/she can avoid engaging in unsafe behavior." They all have a list of 5 strategies they have created which are accessible to them at any time. Deep breathing, drawing, and reading are just a few examples. At parent-teacher conferences, some samples of these will be displayed. If you want to know more about your student's Safety Plan, I am sure he or she can fill you in.

Quote of the Month
"A goal without a plan is just a wish."
-Antoine de Saint-Exupery-

IMPORTANT FEBRUARY DATES

3rd, 17th, and 24th	1:30 Dismissal
9th	Parent-Teacher Conferences (3-6 PM)
12th	Professional Development Day (No School)
15th	President's Day (No School)
17th	Resource Fair at FHC
Birthdays	
24th	Dan T.